

MANDATORY EXERCISE PROGRAMS

1836

(No. 18A May 1999)

Effective June 1, 1999, permanent, limited-term and seasonal fire suppression employees in assignments regularly requiring performance of physically demanding emergency response duties including engine, helitack, medic, hazardous materials, heavy equipment operator, and fire crew captain assignments, must participate in planned physical conditioning programs to maintain their physical fitness.

Effective June 1, 1999, all other employees who are listed on overtime lists or emergency response directories and considered available for physically demanding assignments (1) as listed above, (2) as strike team leaders, or (3) as field observers, are also required to participate in a planned physical conditioning program.

All unit, region and departmental physical fitness coordinators and all who teach, lead or supervise physical fitness conditioning are required to participate in planned physical conditioning programs.

Effective June 1, 1999, all supervisors who have responsibilities in Section 1833.2 because they supervise emergency response employees (i.e., field Battalion Chief) must participate in a planned physical conditioning program.

Unit Chiefs or Staff Chiefs will require a minimum of one duty hour of physical conditioning each work day, during duty hours, when it does not interfere with emergency work assignments. This physical conditioning will only include exercise that meets participation guidelines and standards described in Sections 1837-1837.3.3. Additional time should be spent, as needed, for planning, warm-up, cool-down, documenting, dressing, showering, or other functions associated with physical conditioning.

Unit Chiefs or Staff Chiefs may approve exceptions to mandatory daily exercise when required to meet department needs, e.g., for all-day unit meetings, all-day training or other special circumstances. Routine station maintenance or project work, other than that related to emergency response equipment maintenance or employee health and safety, shall not take precedence over physical conditioning. For example, a daily checkout of the engine and its preventive maintenance would be considered more urgent than physical conditioning, but a painting or construction project would not. Cleaning contaminated non-disposable first aid equipment or sharpening dull Mcleods could be considered to take precedence over physical conditioning, but waxing the floor or washing windows would not. Cleaning and maintenance of food preparation areas and utensils would be considered to take precedence over physical conditioning, but groundskeeping or landscaping would not.

To the extent practical, conditioning time should be included in academy training classes such as Fire Fighter Module, Driver Operator Module, or P.O.S.T. Basic, where the curriculum allows without overtime costs.

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